

# Lose Weight By... Planning Ahead!!!

- Set your physical activity and eating goals in advance.
- Plan your menu for the week.
- Go to the grocery store with a list. Stick to the list!
- Eat before going to the grocery store.
- Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls in the kitchen.
- Plan to drink plenty of low calorie fluids with your meals and throughout the day.
- Choose restaurants with healthy options.
- Don't go to a social event on an empty stomach.
- Pack a healthy meal and/or snacks for work or travel.
- Make time for physical activity. Ten-minute blocks make a difference.
- Plan a physical activity that you are likely to enjoy.
- Look for a physical activity class or group you can join.
- Find out about and join in local physical activity events in your community.
- Consider activities you can do throughout the day ... take the stairs, park farther away, walk to the store, or clean your home.

